## LISTING OF CLAIMS

This Listing of Claims will replace all prior versions of claims in the Application.

Claim 1 (Currently amended): A nutritionally balanced, traditional snack food having a water activity of less than 0.90; and comprising, on a 100 kcal reference serving basis:

- a.) at least 5 grams of an amino acid source;
- b.) less than 3 grams of a digestible fat; and
- c.) a carbohydrate that provides the balance of the total caloric value of said food and at least about 2.5 grams of dietary fiber, the fiber having a particle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber.

Claim 2 (Original): The traditional snack food of Claim 1 having a water activity of less than 0.85 and comprising an adjunct ingredient.

Claim 3 (Original): The traditional snack food of Claim 1 comprising, on a 100 kcal reference serving basis:

- a.) from 5 grams to 13 grams of an amino acid source; and
- b.) from about 2.5 grams to about 5.0 grams of dietary fiber.

Claim 4 (Original): The traditional snack food of Claim 1 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.

Claim 5 (Original): The traditional snack food of Claim 1 having an amino acid score from 0.60 to 1.00.

Claim 6 (Original): The traditional snack food of Claim 1 comprising less than 2 grams of digestible saturated fat.

Claim 7 (Original): The traditional snack food of Claim 6 comprising less than 2/3 of a gram of digestible saturated fat.

Claim 8 (Original): The traditional snack food of Claim 1 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids and mixtures thereof.

Claim 9 (Original): The traditional snack food of Claim 1 wherein said food is a filled cracker, spread, snack crisp, brownie or potato crisp.

Claim 10 (Original): The traditional snack food of Claim 2 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

Claim 11 (Original): The traditional snack food of Claim 1 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B<sub>-6</sub>, folate, vitamin B<sub>-12</sub>, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, icdine, selenium, copper, manganese, chromium, molybdenum, and chloride.

Claim 12 (Original): A mix system for producing the nutritionally balanced, traditional snack food of Claim 1 said mix system comprising a mix that comprises:

- a) at least about 18.0% amino acid source;
- b) no more than about 5.0% digestible fat; and
- c) a carbohydrate that provides at least about 8.7% dietary fiber.

Claim 13 (Original): The mix system of Claim 12 wherein said amino acid and fiber sources of said mix are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a panicle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.

Claim 14 (Original): The mix system of Claim 12 wherein said mix comprises no more than about 5.0% digestible saturated fat.

Claim 15 (Original): The mix system of Claim 14 wherein said mix comprises no more than about 0.9% digestible saturated fat.

Claim 16 (Original): The mix system of Claim 12 wherein said mix comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

Claim 17 (Original): The mix system of Claim 12 wherein said mix comprises a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

Claim 18 (Original): The mix system of Claim 12 wherein said mix comprises fluoride; sodium; potassium; and a sufficient amount of vitamins and minerals to provide the finished traditional snack food with, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B.6, folate, vitamin B.12, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

Claim 19 (Original): The mix system of Claim 12 comprising a separately packaged shortening that comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof; and said mix system having a ratio of separately packaged shortening to mix of less than about 0.34:1.

Claim 20 (Original): The mix system of Claim 19 having a ratio of digestible fat to total non-digestible lipids, partially digestible lipids, and mixtures thereof; of no more than about 1:2.5.

Claim 21 (Previously presented): A mix system for producing the nutritionally balanced, traditional snack food of Claim 1 said mix system comprising a mix that comprises:

- a) at least about 18.0% amino acid source;
- b) no more than about 5.0% digestible fat; and
- c) a carbohydrate that provides at least about 8.7% dietary fiber, and a separately packaged shortening that comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof, said mix system having a ratio of separately packaged shortening to mix of less than about

said mix system having a ratio of separately packaged shortening to mix of less than about 0.34:1.

Claim 22 (Previously presented): The mix system of Claim 21 having a ratio of digestible fat to total non-digestible lipids, partially digestible lipids, and mixtures thereof; of no more than about 1:2.5.

Claim 23 (New): The nutritionally balanced, traditional snack food of claim 1, wherein the dietary fiber comprises at least one of cellulose, microcrystalline cellulose, bran, resistant starch, lignin, wheat fiber, pea fiber and mixtures thereof.

Claim 24 (New): The nutritionally balanced, traditional snack food of claim 1, wherein the dietary fiber comprises at least one of oat bran, barley bran, psyllium, hemicellulose, carboxymethylcellulose, hydroxypropyl methylcellulose, methylcellulose, pectin, inulin, guar gum, locust bean gum, xanthan gum, gellan gum, gum arabic, gum tracacanth, gum karaya, arabinogalactan, beta glucan and mixtures thereof.